

BACA FALL GROUP EXERCISE CLASSES

The Allen R. Baca Center values health and exercise and provides group exercise classes to our members with WEIGHT ROOM for FREE! Non-members must pay the drop in rate of \$3/class. All participants must have a pass to enter. Please be courteous and respectful to other participants and our instructors by being early to class. Class participation is limited based on space & equipment. Thank you & enjoy the Group Exercise classes at the Baca Center!

Active Stretch: As designed to be used as a warm up tool, using continuous motion, increasing heart rate and blood flow to the targeted muscle groups, and increasing range of motion.

Cardio I: An introductory cardio class for those that are looking to learn different types of cardio class that is designed to be the jump start you need, with basic moves and cardio concepts for those needing low impact or just starting out.

Cardio Core & Balance: Is designed to help improve and maintain muscular endurance, flexibility, and balance while emphasizing good postural alignment and relaxation.

Cardio Core 'n More: Will help you build a more stable, powerful abdomen and lower back to improve fitness and endurance, straighten posture and provide a foundation for an active daily life.

Flex & Stretch: Involves movement based flexibility, core exercises and developmental stretching.

H.I.I.T.: High Intensity Interval Training (HIIT) is a system of organizing cardiorespiratory training which calls for repeated bouts of short duration, high-intensity exercise intervals intermingled with periods of lower intensity intervals of active recovery

\$Kettlebell\$: Kettlebell is to help build balance, power, muscle and more! A kettlebell is a cast-iron ball with a handle attached to the top of it. Kettlebell training is great for men and women of all shapes and sizes. **REQUIRES a \$1 drop-in fee for members** and \$3 for non-member.

Strength Training: This is a low impact class with an emphasis on improving posture, balance, range of motion, flexibility, and muscle strength.

Tabata: All-out extreme intensity for 20 seconds, followed by 10 seconds of rest. This cycle was repeated for 8 rounds or 4 minutes total. Any and all exercise can be implemented into this fun workout.

Weight Room Orientation: Take a tour of the BACA Center Weight Room and fully understand exercise session as well as how to use the exercise machines properly and most importantly safely.

Zumba: Music is the key ingredient to Zumba classes. The score, created with specific beats and tempo changes, transitions the workout from one toning, strengthening or cardio move to another, and targets every major muscle group in the body.

FALL GROUP EXERCISE SCHEDULE

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Strength Training 8:10-8:50 am Meeting Room 2 Flex & Stretch 8:55-9:10 am Meeting Room 2 Strength Training 9:15-9:50 am Meeting Room 2 Flex & Stretch 9:55-10:10 am Meeting Room 2 Strength Training 10:15-10:55 am Meeting Room 2	Cardio I 8:45-9:30 am Selve Aerobics Room Cardio Core & Balance 9:45-10:30 am Kathy Aerobics Room H.I.I.T. 10:45-11:30am Kathy Aerobics Room	Strength Training 8:10-8:50 am Meeting Room 2 Flex & Stretch 8:55-9:10 am Meeting Room 2 Strength Training 9:15-9:50 am Meeting Room 2 Flex & Stretch 9:55-10:10 am Meeting Room 2 \$ Kettlebell \$ 10:15-10:55 am Meeting Room 2 Weight Room Orientation 11:15-11:45 am Zumba 10:10-11:00 am Selve Aerobics Room	Cardio I 8:45-9:30 am Selve Aerobics Rooms Cardio Core 'N More 9:45-10:30 am Judy Aerobics Room Tabata 10:45-11:30am Judy Aerobics Room	Active Stretch 8:15-8:45 am Meeting Room 2 \$ Kettlebell \$ 9:00-10:00am Meeting Room 2	Zumba 10:30-11:30 am Selve Aerobics Room

Group Exercise Class Guidelines

1. Tickets for Group Exercise Classes will be handed out 30 minutes before class starts. Check in and receive your ticket at the Baca Center front desk. You may not receive tickets for multiple classes at one time.
2. Baca members must present their membership card to validate a current membership. Baca non-members will pay the drop in rate of \$3/class.
3. There must be a minimum of 5 participants in class or it will be cancelled.
4. Participants must give their group ex instructor their ticket at the beginning of class. Participants without a ticket will not be able to attend a Group Exercise Class.
5. Appropriate exercise clothing is required and non-marking athletic shoes. No participants allowed to enter class 5 minutes after the start of class.